

Goin' Veg

(an all-in-one guide to vegetarianism and veganism)



- *why veg?
- *frequently asked questions
- *health benefits
- *environmental conservation
- *transitioning to a veg lifestyle
- *healthy living tips
- *famous quotes
- *getting active for animals
- *and much, much more!

(striving for a world of non-violence, compassion, and peace)

Table of Contents

Nowadays going veg is so easy, but sometimes finding the right information isn't. I hope you find this guide helpful because I had a lot of fun making it! Going veg changed my life for the better in so many ways, so I thought it'd be a good idea to share what I've learned over the years with others. Enjoy!

Introduction.....	1-2
Why Veg?.....	3-8
Environmental Conservation.....	9-10
Frequently Asked Questions.....	11-12
Transitioning to a Veg Lifestyle.....	13-14
Health Benefits.....	15-16
Healthy Living Tips.....	17-18
Getting Active For Animals.....	19-20
Famous Quotes.....	21-22
Further Resources and Readings.....	23-24



Introduction

While several organizations print tons of awesome literature on how to go veg, I wanted to make my own. Most literature out there is glossy, brief, and impersonal. I wanted to make something that could go into more detail, look a little rough around the edges, and share a little bit about my own experiences as well.

To get a little more personal, and since this is all about getting your veggie journey started, I'll tell mine. I grew up in the suburbs of Maryland and in high school I began going to punk rock shows in the DC area. The music was just a backdrop...at the forefront were songs about social injustice: war, poverty, gender inequality, environmentalism, and animal rights. I didn't really know why people cared so much about animals, but I knew a lot of people did. Eventually I befriended a guy named Gary who was my first veg friend. After finding out why and seeing how easy it was for him, I figured I'd try being a vegetarian. I was vegetarian for about 2 years until I began looking more into the issues of animal cruelty and I decided to become vegan after moving into an apartment with my friend Danny who had recently gone vegan at the time; he helped



ed me to transition into it. Shortly after that I saw the film *Earthlings* which got me interested in activism. I hadn't realized how widespread and detrimental animal cruelty was until I saw this film, and I knew I had to do something about it. And that leads us to where I am today! Some friends and I started an organization at our university to educate people about animal cruelty and to show people how easy it is to go veg. When I'm home I try to spend some of my free time volunteering for the awesome group Compassion Over Killing and the animal sanctuary Poplar Spring. I love getting outside, running and biking, hanging out with friends, working with kids, reading, and listening to music. That's about it. But enough about me...first let's define what we'll be talking about...



What is a vegetarian?

The term vegetarian is often a gray area. Some vegetarians simply do not eat meat while some are stricter and avoid other animal products such as leather, chicken/beef broth, lard, and gelatin. Gelatin is made from boiled animal bones, skin, and tendons. It is used as "food glue" in products like jell-o, starbursts, and gummy bears. Lard is animal fat. It is sometimes still used in cooking but it's most commonly found in some refried beans and some soaps. A "Pescatarian" is someone who excludes all meat from their diet except seafood.

What is a vegan?

Vegans seek to avoid animal products as much as possible. In general, vegans do not eat meat, dairy, poultry, seafood, and eggs; do not wear leather, suede, wool, fur, and silk; and also avoid animal by-products such as whey, gelatin, lard, and others. There's more information about by-products and hidden ingredients on page 14. Vegans also try to avoid cosmetic and hygiene products that are tested on animals. Although this may seem like a daunting task, it is surprisingly easy! Going vegan isn't an immediate all-or-nothing act. Since our world so heavily depends on animal products, eradicating them from one's life is a gradual process. Some vegans are "raw"; find out what this means on page 18.



"For the sake of writing out 'vegan and vegetarian' a million times, I'm simply going to use the term 'veg'. There are some parts that will specifically be aimed at vegetarianism or veganism and at those parts I'll spell them out appropriately. When referring to a person that is vegetarian or vegan, sometimes I'll say 'veggie'."

A Reminder

Keep in mind that it is practically impossible to be "100% vegan". It is more important to just do all that you can. There are animal products in plenty of things we use everyday, like car and bike tires, some glue, camera film, and more. To quote Matt Ball of Vegan Outreach: "Ultimately, living with compassion means striving to maximize the good we accomplish, not following a set of rules or trying to fit a certain label. From eating less meat to being vegan, our actions are only a means to an end: decreasing suffering." Ok, let's start talking about why one might go veg...

Why Veg?



Everyone has felt an emotional connection to an animal before. Whether it was the family pet or an encounter in the wild, humans often have an unexplainable and special bond to animals. Despite this, humans usually separate animals into two different categories: the ones we love and live with, and the ones we eat. Most of us find ourselves outraged when we see cats and dogs being abused or neglected but never give a second thought to the burger on our plate. It's not because we're bad, cold, or heartless people; it's what we're used to eating, what we're used to thinking, and what we're used to doing...but what we're *used* to doing isn't always the best thing to *continue* doing. This section serves to expose the animal abuse we hardly ever see. Although the following information may be disturbing, I think it's important to share the truth.

I encourage you to watch the film "Earthlings". It is up on Veg-TV.info for free, or I can let you borrow it. Watching this film is an experience that far surpasses reading this part of the guide.

Food

The research done on animal agriculture is not based on isolated cases or a specific type of slaughterhouse. There are literally hundreds of hours filmed on videotape exposing the horrible, inhumane conditions these animals endure. As Bruce Friedrich puts it, "Abuse on factory farms is the absolute norm, not the exception." Cages are so small that an animal cannot turn around; animals are beaten and spit on when they don't obey or even if they do. Force-feeding, electrical stunning, starvation, branding, and hormone injections are typical ways farmers coerce animals. And the worst of all: a life spent within the confines of a cage.

"The footage, shot covertly by an undercover investigator with the group Mercy for Animals, shows workers kicking and stomping on chickens and snapping the necks of sick hens. It also shows birds left with untreated wounds and crowded into cages, sometimes amid rotting corpses."

(Los Angeles Times, Eric Bailey, May 6th 2008)

"Imagine a standard sheet of paper: 8 1/2 by 11 inches. A battery cage hen is given less than this amount of space to live her entire life."

(NYU's Go Cage Free! Campaign)

"Farmed fish are kept in concentrations never seen in the wild (e.g. 50,000 fish in a two-acre area)."

(Carla Helferrich in *Alaska Science Forum*, "Fuss Over Farming Fish")

"On the video, obtained by The Associated Press, a supervisor tells an undercover investigator for People for the Ethical Treatment of Animals that when he gets angry or a sow won't move, 'I grab one of these rods and jam it in her [anus]... I hate them. These [expletives] deserve to be hurt. Hurt I say!... Hurt! Hurt! Hurt! Hurt!... Take out your frustrations on 'em.'"

"Abuse on factory farms is the absolute norm, not the exception."

(CNN, *PETA Video Shows Pigs Abused at Iowa Farm*, Sept. 16 2008)

"Forced to produce ten times more milk than they would in nature, most dairy cows endure an exhausting existence of continuous breeding and milk production. As a result, dairy cows frequently suffer from painful udder infections, lameness, and other ailments... Although they can live for more than 20 years in a healthy environment, dairy cows are sent to slaughter when their milk production declines at four or five years of age."

(*Farm Sanctuary*)

Baby male cows (calves) are separated from their mothers at birth and are sold as Veal.

"The veal calf... is kept in a narrow crate (22 inches wide by 54 inches long), unable to turn around, lie down normally or move more than a few inches for a period of 16 weeks. The calf's diet is designed to cause an anemic condition so as to produce the pale meat typical of a very young calf. The veal calf is kept alive by the antibiotics automatically included in his feed."

(Jean Bodfish Brown in *The Gory Price of Glorious Veal*, *New York Times*)

"There are more than 9 billion animals a year slaughtered in the US alone. Just during the week I was writing this chapter, 599,000 cattle were slaughtered in the US, along with 1.8 million pigs, and almost 50,000 lambs. Some of these animals produced commodities and then became the commodity of meat; others were simply raised as commodities, and ended up that way through slaughter. None of these figures count animals killed in experiments or for testing products, marine life, "unwanted" animals euthanized in shelters, animals killed by hunters, or any of the other multitude of animals that are killed for human ends."

(Bob Torres in *Making A Killing*. Bob got his numbers straight from the USDA's website: <http://marketnews.usda.gov/portal/lg>)

"Hogs, unlike cattle, are dunked in tanks of hot water after they are stunned to soften the hides for skinning. As a result, a botched slaughter condemns some hogs to being scalded and drowned. Secret videotape from an Iowa pork plant shows hogs squealing and kicking as they are being lowered into the water."

(*The Washington Post*, J. Warrick, Apr. 10th 2001)

Check it Out:

*veg-tv.info



Clothing

It's easy to forget what our clothes are made of when they don't look anything like the animals they came from. Leather usually comes from cows but is sometimes made from pigs, goats, sheep, and other animals. Most leather comes from other countries in which animal welfare laws are non-existent or just not enforced, such as China and India.

These animals endure the same conditions as factory farm animals—small cages, branding, dehorning, and castration.



"Like every other industry, tanneries have shifted their operations from developed to undeveloped nations, where labor is cheap and environmental regulations are lax...Sadly, some of the most shocking video we have ever taken is of the Indian leather trade...Animals who are too sick or injured to walk are dragged and beaten; chili peppers are rubbed into their eyes and their tails are broken. At the slaughterhouse, cows are bound by all four feet and tossed on their sides onto the filthy, blood-covered floor. Their throats are cut with dull knives, and other cows look helplessly on as their companions slowly bleed to death."

(The Huffington Post, "Why Leather is a Progressive Issue", Bruce Friedrich, May 1st 2007)



Animals raised for fur include minks, fox, rabbits, cats, dogs, and chinchillas. Most of these animals are used to living in wild habitats (especially mink) and often suffer from cage madness---pacing back and forth, self-mutilation, gnawing at the bars, and sometimes even cannibalism.

"How humane are fur farms? Because fur farming is the only sector of animal agriculture unregulated by the federal government, anything goes...To kill the animals without damaging their fur, neck-breaking and electrocution are recommended by fur trade associations in Europe, the United States and Canada...Anal electrocution is also suggested."

(Martha Stewart, <http://www.furisdead.com/feat-martha.asp>)

Wool seems harmless, but when it becomes a business it's a whole other story:

"Shearing is generally seen as an innocuous procedure, like getting a haircut, even as a kindness by humans who relieve the sheep of those hot, heavy fleeces. It may come as a surprise to learn that wild sheep shed their wool naturally, and that it is only through selective breeding that farmed sheep have become dependent on humans for such a basic aspect of their welfare..."

Instead of growing a thick coat for winter and shedding it in summer, as they would do in nature, they are now subject to the vagaries of wool prices and the schedules of farmers, leaving them vulnerable to extreme weather conditions. An estimated one million sheep die in the 30 days after shearing. Following the deaths from hypothermia of 1,200 sheep near Bairnsdale in April 2004, a livestock manager advised, with a noted lack of concern, that "it was not unusual for freshly shorn sheep to die in the cold weather". Similarly, a British industry spokesman remarks enthusiastically "winter shearing is the future of sheep farming. You take their coats off, they have to eat more to keep warm. You end up with a better meat-to-bone-and-fat ratio."

(<http://www.alv.org.au/issues/sheep.php>)

Find out more:

*Caft.org.uk-Coalition to Abolish the Fur Trade

*Inside the Wool Industry- <http://www.peta.org/factsheet/files/FactsheetDisplay.asp?ID=55>

* <http://uga.edu/sos/clothing.html>



Entertainment

You may have seen news reports of elephants breaking out of the circus and trampling someone, or more recently the tiger that killed a man at the San Francisco zoo. What they don't show you are the conditions and actions that lead animals to rebelling.

In circuses, elephants (among other animals) are beaten, stabbed, and shocked until submitting to their trainer:

"Sink that hook into 'em. When you hear that screaming, then you know you got their attention."

(*Tim Frisco, elephant trainer*) ([video on circuses.com](http://video.on.circuses.com))

I have fond childhood memories of zoos and grew up believing the animals there were happy. Last summer a friend took me to the National Zoo in D.C. after years of just, well, not going. As we talked about the legitimacy of zoos in terms of education and conservation, I really couldn't see how zoos could be justified. If zoologists were really committed to conservation and recreating natural habitats, why would animals be put on display in an overcrowded city and subjected to live in a fenced yard? How much can we learn about an animal when it's locked up in a room thousands of miles from its natural habitat? This is so obvious and simple that I almost feel silly for pointing it out! We're so used to zoos being a part of our culture that they just feel right, even though taking a closer look would say otherwise. I can't remember where I heard this but it's a simple and direct point: "Why does SeaWorld sell Seafood?"

"It's animal abuse merchandised as family entertainment," said Peggy Larson, a native of North Dakota who grew up bronco riding and is now a veterinarian. "There were five bucking horses that were killed last year. And the calves, nobody even keeps track of them. This is not family entertainment. How do you think kids feel when they see some little animal get its neck broken?"

(*New York Times*, "Pros and Cons of Rodeo Roping and Riding", Claudia Rowe, June 16th 2002)

"I'd like to see animals removed from the entertainment business. Chimpanzees and apes won't perform unless you beat them. Circuses keep elephants in chains 90 percent of the time. Elephants need freedom of movement. In circuses, they live in cramped quarters, which is not the life intended for them by nature. Some are beaten daily, forced to do ridiculous tricks and robbed of every shred of dignity."

(*Bob Barker*)



Other forms of entertainment in which animals are abused: fishing, hunting, horse races, pig races, cockfighting, dog fights, and bullfighting.



Find Out More:

*RodeoAbuse.com

*Ciruses.com

**Thought to Exist in the Wild* by Derrick Jensen

Vivisection

Vivisection is the practice of experimenting on live animals for scientific research or for testing the safety of a new product. Most animals that are tested on are birds, mice, and rats but there are also monkeys, cats, sheep, cows, pigs, rabbits, dogs, and several other species used. The Animal Welfare Act doesn't require labs to report the number of birds, mice, and rats that are used (which, according to the Institute for Laboratory Animal Research makes up 95% of animals used) so it's hard to say exactly how many animals die in vivisection every year, but let's give it a shot. OK, the USDA publicly releases annual reports (which can be found on their website) on animals used for research. The Humane Society of the United States then calculates the total number of animals used every year by adding up the totals for each state. In 2006, the number of animals used was approximately 1,012,713. Like stated earlier, this number does not include birds, mice, and rats which make up approximately 95% of animals used in vivisection. From this we can conclude that approximately 20,254,260 animals are killed every year for vivisection in the United States alone. These tests go far beyond whether the next aspirin knock-off will work on humans or not. Just to name a few...accidents and injuries are simulated on strapped-in animals, animals are exposed to radiation, cosmetics are force-fed or injected into the eyes, and animals are even burnt alive to study how skin reacts at certain temperatures. A lot of people think that we need to test products on animals before humans use them, but an overwhelming number of leading scientists and doctors have been speaking out against vivisection, stating that most results found in animals simply do not work for humans. There are countless drugs that worked just fine on animals but killed thousands of humans, and vice versa. Just google "Vivisection Errors." Psychologists live by the rule of "publish or perish", performing pointless experiments to gain a higher status and/or to receive more grant money. If so many people are speaking out against vivisection and proving its faults, why does it still go on? This can mostly be attributed to the fact that the vivisection industry employs hundreds of thousands of people—doctors, scientists, psychologists, animal lab breeders, factory workers, lobbyists, veterinarians, pharmaceutical companies, etc...vivisection is a billion dollar industry that exists primarily for profit, not for the advancement of human and/or animal well-being. I wish I could go into more detail here but I highly, highly recommend reading *Animal Liberation* by Peter Singer for a more thorough report.

"The history of cancer research has been a history of curing cancer in the mouse...We have cured mice of cancer for decades – and it simply didn't work in humans."

(*Dr. Richard Klausner, Director of the National Cancer Institute*)

"(At the University of Pennsylvania) Head injury research involves partially or fully conscious baboons strapped down with restraints and their heads cemented into a metal helmet, which will be thrust at a 60 degree angle of a force up to 1,000 G's."

(*Joaquin Phoenix in the film "Earthlings", there is footage of this in the film*)

"The reason why I am against animal research is because it doesn't work, it has no scientific value, and every good scientist knows that."

(Dr. Robert Mendelsohn, M.D., Head of the Licensing Board for the State of Illinois)



Find Out More:

- *1,000 Doctors Against Vivisection by Hans Ruesch
- *www.pnc.com.au/~cafmr/online/research/dav.html
- *National Anti-Vivisection Society—Navs.org
- *Animal Liberation by Peter Singer

Pets

Unfortunately, most pets today come from puppy mills. These are sketchy, underground businesses whose objective is to breed as many animals as possible to sell to individuals and pet stores. During these operations, the animals are usually overcrowded in filthy conditions with no socialization or veterinary care, which often leads to physical and emotional problems. Due to the intense amount of breeding, many animals simply cannot find a home and end up in shelters where they are killed if they're not adopted within a certain amount of time. The Humane Society of the United States estimates that 6-8 million cats and dogs enter shelters every year, and only 4-5 million of them are adopted—leaving 3-4 million euthanized.

* To help prevent this, get your companion animal spayed or neutered. Don't get an animal from a breeder or a store. Instead, adopt an animal from a shelter. Every animal adopted from a shelter is one less animal that will be euthanized.

Find out more:

- *http://hsus.org/pets/issues_affecting_our_pets/
 - *Documentary on puppy mills called "I'm Alive"
- You can find it for free on GoogleVideo or YouTube.
- *The first section in "Earthlings" is about puppy mills.



Environmental Conservation

In the last few years, environmental conservation has exploded into the mainstream media. Don't get me wrong, I think it's awesome! But when asked how one can do their part, the common answer is to recycle, carpool, and buy less stuff. While these are all great ways to curb environmental destruction, the least talked about solution is going veg. Did you know that eating animals is worse for the environment than driving a car? Most people don't!

"Raising livestock for food is responsible for 18% of greenhouse gases. That is more than cars and public transportation combined."

and

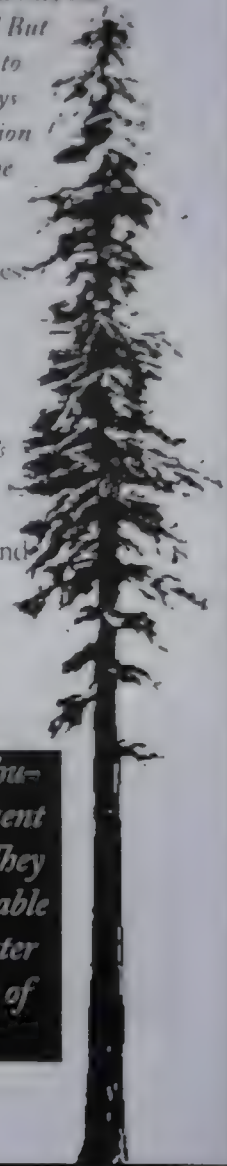
"26% of Earth's land is used for livestock grazing."

(Food and Agriculture Organization of the United Nations, "Livestock's Long Shadow")

"The number of gallons of water needed to produce one pound of edible product: Apples 49; Carrots 33; Potatoes 24; Tomatoes 23; **Beef 250.**"

(Dr. Georg Borgstrom, presentation to the Annual Meeting of the American Association for the Advancement of Science)

"Those who claim to care about the well-being of human beings and the preservation of our environment should become vegetarians for that reason alone. They would thereby increase the amount of grain available to feed people elsewhere, reduce pollution, save water and energy, and cease contributing to the clearing of forests." (Peter Singer)



"Pounds of edible product that can be produced on an acre of prime land:
Apples 20,000; Carrots 30,000; Potatoes 40,000; Tomatoes 50,000;
Beef 2,500."

(Tom Aldridge and Herb Schubach, "Water Requirements for Food
Production," *Soil and Water*, no. 38)

"In Central America, 40 percent of all the rainforests have been cleared or burned down in the last 40 years, mostly for cattle pasture. In the process, natural ecosystems where a variety of plant and animal species thrive are destroyed and replaced with monoculture grass."

(WorldWatch magazine, June 21st 2004)



"The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people — more than the entire human population on Earth."

(Greenpeace)



"Over half the total amount of water consumed in the United States goes to irrigate land growing feed and fodder for livestock. Enormous additional quantities of water must also be used to wash away the animals' excrement. It would be hard to design a less water-efficient diet-style than the one we have come to think of as normal. To produce a single pound of meat takes an average of 2,500 gallons of water—as much as a typical family uses for all its combined household purposes in a month. To produce a day's food one meat-eater takes over 4,000 gallons; for a lacto-ovo vegetarian, only 1,200 gallons; for a pure vegetarian, only 300 gallons. It takes less water to produce a year's food for a pure vegetarian than to produce a month's food for a meat-eater."

(John Robbins, *the Food Revolution*)

F.A.Q.

What about organic/free-range meat and dairy?

Labels such as organic and free-range conjure up images of Old McDonald's farm, animals grazing all day long and dying a peaceful, natural death. This could not be further from the truth! Often "free-range" doesn't mean chickens are left to wander about the farm, but are housed extremely overcrowded in a grow out facility (which easily leads to disease). Hens are still debanked at an early age and are killed when they begin to stop laying eggs. Male chicks, which are of no value to the egg industry, are killed shortly after birth. *There are currently no official guidelines implemented for "free-range" eggs.* Baby calves are still separated from their mothers at birth and about for veal (more on this in the Why Veg? food section). Factory farming is so awful that a "step up" to organic/free-range isn't much of a difference. If something is labeled free-range or organic, it may be an improvement from typical factory farming, but the difference is miniscule. If we really want to make a difference for animals, the environment, and our own health, the issue shouldn't be choosing a more "humane" animal product but instead finding other products to replace them with. I like I said in the intro... *never allow it to become a goal!* Check out HumaneMyth.org for more information.

"Where will I get my protein?" I've been asked this question so many times...and you will be too, so I'm gonna put it all out there. First off, you do not need so much protein! We've been sold the "protein myth" and have turned into a protein-crazy society. Proteins are simply chains of amino acids and you can get an intense amount of these amino acids just by eating green leafy vegetables. Protein is essential for the "middleman" for digesting amino acids into your body. Second thing to know...when you cook a piece of meat, or tofu, or anything...half the protein gets "cooked out", breaking up the enzymes...therefore making it much harder to digest. Who knew you could up your protein intake and ease your digestive process by eating more raw foods? Third piece of information...The American Dietetic Association states that an average vegan diet gets twice as much protein as it needs. Still not convinced? After a year of being vegan I got my blood tested and the doctor told me that my protein levels (among other tests done) were completely normal. Yep, completely normal despite that I: 1) "need" a lot of protein. I'm a runner, 2) don't pay much attention to my protein intake, and 3) eat lots of raw fruits and vegetables. If you still think protein is extremely vital and can only come from animal sources, look at the people on VeganBodyBuilding.com and read their articles. Now, breathe in, breathe out, and don't worry so much! I'm not saying you should avoid protein, not at all! But you need not worry as long as you're getting enough calories every day, and not eating tons of junk food. Refer to pg. 16 for veg protein sources and use VeganHealth.org

"What the hell am I going to eat?"

I've never felt restricted by what I choose to eat. The average person's diet already consists of lots of vegetarian and vegan food, they just don't think about it. After most people go veg they become more interested in foods they've never tried and become better at cooking. Most people become so used to eating the same old stuff and seeing advertisements for the same old food that they forget there is an entire world of food out there. Don't overthink it! Check out the Transitioning part of the guide and the recipe links in the Further Reading section.

"I live with my parents and I just don't think they'd support my decision."

Explain to your parents why you want to go veg and they'll understand. If you're becoming vegetarian your parents really won't have to make any major changes. If you're going vegan it may be a little harder for your parents to understand and adjust to, but just tell them exactly what you choose to eat and you can make it happen. There are even some books out there that deal with parenting and veg-ism found in most local libraries and bookstores, such as: *Help! My Child Stopped Eating Meat and What, No Meat?!*

"Who goes veg?"

Why, all types of people! Politicians, Christians, scholars, environmentalists, atheists, athletes, radicals, Buddhists, conservatives, kids, adults, whoever - you name it! See tons of people on www.Famous-Veggie.com

"My school cafeteria/university cafeteria doesn't have enough veg options."

There's a big push to make school food healthier and schools are also pressured into becoming more "green". The same goes for universities. You'd be surprised how much of a difference you can make by just sitting down with your principal or dean and voicing your concerns. If that doesn't work, they always listen to parents. Many schools also have legal obligations to meet and accommodate their student's lifestyles. Also, try to pack lunch more often or bring food with you when you know you'll be on campus for awhile.

"Will being veg conflict with my religious beliefs?"

There are plenty of religions philosophies ways of life that support and even encourage a veg diet. Some of them are, but not limited to: Buddhism, Christianity, Hinduism, Hare Krishna, Judaism, and Islam. Check out IVU.org/religion/. At the core of most religions, the main teachings are compassion, love, and respect. Similarly, these are the same ideals that drive the animal rights movement!

"Will I have the energy to sustain a sports-filled lifestyle?"

I found that going veg actually gave me better performance in sports and more energy because I ate less fatty foods that used to just weigh me down. Everyday I swim, bike, or run for at least an hour, and sometimes up to 4 hours. My training doesn't even compare to that of some of the famous vegan athletes out there: Mac Danzig (UFC champion), Carl Lewis (track and field olympian), Mike Mahler (strength trainer), Scott Jurek (ultramarathoner) and Brendan Brazier (Ironman triathlete). Check out the Fitness section on pg. 23 for more information.

"I love to eat out at restaurants. What should I do now?"

If you can, call ahead or research online to know what you're getting into. I try to avoid fast food as much as possible but sometimes it's all that's open. Some of the fast food chains that have veg food are Taco Bell, Subway, Panera, and Papa John's. Many types of restaurants easily cater to veggies, like Italian, Mexican, Ethiopian, Thai, Indian, and Chinese. Most restaurants (and even some fast food chains too) have a mini-veg section on their menus and if they don't, they'll be happy to work with you to slightly change the meal. After all, the customer is always right!

"What if people think I'm WEIRD?"

Most people are quick to judge and make fun of things they don't understand. If everyone gave up after ridicule they'd get nowhere in life. Explain to them why you've made the choices you've made. Stay true to yourself!

"I've heard that being veg is expensive."

It all depends on how and what you eat. If you're buying loads of boca burgers, soy ice cream, and eating out for every other meal...then of course it'll be expensive. If you keep it simple and eat lots of fruits, vegetables, and meals based on things like pasta, rice, and grains then it won't be expensive at all. There is nothing inherently expensive or inexpensive about being veg.

"I want to go veg but I have so much non-veg stuff right now that I can't afford to replace."

No biggie! If you're on a tight budget, finish up the non-veg food you have left and move on from there. If you don't want to do that, donate the food to a local food bank or give it to friends. If you have non-veg clothes, keep using them until you need new ones or check out the local thrift stores for clothes to replace them with. Just do what you feel is right and what you can afford.

Transitioning to a veg lifestyle

** Sometimes transitioning can be tough, but try to have fun with it and remember why you're doing it. Don't over-think it--vegetarian and vegan foods are everywhere and easy to find. Experiment, and don't be afraid to make mistakes. Some people prefer to go "cold turkey" (all at once) when picking up a new habit or leaving an old one behind, and some like to change slowly. Just do what works for you!**

Transitioning to Vegetarianism

There's not much to it. It may seem difficult at first, but if you stick with it you'll find it surprisingly easy. Ok, that concept kind of applies to anything in life. But the biggest obstacle is replacing meat. This is simple: eat more veggies, add more rice, cook a little more pasta, etc... When I first became vegetarian I ate a lot of the "fake meats" to help me adjust. Boca, Gardenburger, Morningstar, and several other companies make burgers, cutlets, nuggets, bacon, steak, etc... all created with soy protein, wheat gluten, vegetables, and other stuff. Most of them are delicious and they all have much less fat and sometimes just as much protein as meat. These helped me to adjust and over time I would eat less and less of them. When eating out at a restaurant there are usually several vegetarian options and if there aren't, they'll be glad to just replace a meat dish with more of whatever else is in it. If you're a candy addict, check your labels for gelatin. Several fruity and gummy candies have gelatin, but there's a lot that don't! Also, eat lots of FRUIT!



Transitioning to Veganism

There's a little more to going vegan than becoming a vegetarian, but it is easier than most people think. You already know how to replace your meat--extra pasta, rice, and veggies, or anything else you like to use as the base of a meal. There are also "fake meats". Don't forget fruit. Fruit is delicious, nutritious, and usually inexpensive. To replace milk, get soy milk, rice milk, or almond milk. If you're replacing eggs in baking, use bananas, applesauce, or Ener-G Egg Replacer. Search online to find the right substitution amount for each. Earth Balance and Smart Balance Light are both butter substitutes found in almost all major grocery stores. Tofutti makes several dairy-free products, like cream cheese, sour cream, and ice cream. Actually there are over a dozen dairy-free ice cream companies and they're all great. Cheese is the only dairy product that is difficult to "veganize" but many recipes come close. Also, some brands make their own, like ToFees and Follow Your Heart. Either way, after not eating cheese for a couple of weeks you get used to it. Now the idea of cheese, to me at least, is just gross. One time I ate "fake cheese" and it tasted and smelled so real that I almost barfed. Yuck. Lastly, here is a HUGE list of mostly junk food that is surprisingly vegan: www.peta.org/AccidentallyVegan/

Transitioning Tips:

-Talk to a veggie you know. Whether it's your best friend, an old acquaintance, or a complete stranger—most veggies will be happy to answer any questions you have and help you through your transition. If you don't know anyone, check to see if there are any animal rights groups or health groups in your area. If not, join a message-board (found in the Further Reading section) or email me.

-Make a list of the veg dishes/food you already enjoy.

-Browse through veg cookbooks (or veg websites) and write down recipes you think you'd like, then try making them.

-Be a label nerd. Check food labels until you've found out what's veg and what's not, so then eventually every time you go to the grocery store you know what's good to get.

-Think of some of your favorite non-veg dishes. What could you do to them to make them veg? Hint: pretty much all non-veg dishes can be easily veg-ified. Just look through veg cookbooks and you might be really surprised...!



Hidden Ingredients to Watch Out For:

-**Gelatin** is ground up animal bones, skin, and tendons. It's used as an adhesive in some candy, film, marshmallows, some pills, some cosmetics, some glue, some glossy paper, sandpaper, tires, paintballs, etc...something very hard to completely avoid but an easy thing to look out for.

-**Whey** is basically leftover dairy—the liquid that remains after straining milk and making cheese. It's thrown into a lot of food so just be sure to check your labels.

-**Lard** is pig fat...yeah, pretty gross, huh? It is sometimes used for frying and can also be found in some refried beans and shortening (in baked goods).

-**Honey** is...well, you know what honey is. Some vegans eat honey, though most do not. Make up your mind for yourself, though here is an informative article entitled "Why Honey Is Not Vegan": <http://www.vegetus.org/honey/honey.htm>.

-**Rennet** is basically the scrapings extracted from the stomachs of baby calves, baby goats, and lamb. These scrapings have enzymes that help milk coagulate and form into curds and whey, which is then used in making cheese.

-**Casein** is a milk protein that is consumed by drinking milk but is also sometimes used in plastic, fabric, food additives, and adhesives.

-**Lanolin** is a greasy yellow substance secreted by the sebaceous glands of wool-bearing animals such as sheep, and is found in some cosmetics and lubricants.

-**Monoglycerides and Diglycerides** are emulsifiers that help to mix ingredients such as oil and water that would not otherwise blend well. Sometimes animal-derived, sometimes vegetable-derived, and sometimes made synthetically. Often found in baked goods among other commercial food products.

-**Glycerin** is animal fat, though sometimes it can be derived from vegetable oils. It's safe to assume that it's probably animal-derived unless otherwise noted, and is usually found in products like shampoo, soap, and deodorant.

"Like I said in the intro, it's practically impossible to be "100% vegan". So, don't kill yourself over things you can't control...just avoid what you can"

Health Benefits

Meat and dairy have been linked to high blood pressure, obesity, diabetes, and even some types of cancer. By going veg and eating well you not only help prevent several future health concerns, but also enjoy benefits such as increased energy, clearer skin, and better bowel movements (yup). Many people have also used a veg lifestyle to lose weight or reverse the negative effects of an unhealthy diet. A **great** source on the health benefits of veg-ism is Dr. Michael Klaper. Just search his name in GoogleVideo and watch one of his videos. Also...VeganHealth.org

Health Benefits

"Data is strong that vegetarians are at lesser risk for obesity, atonic (reduced muscle tone), constipation, lung cancer, and alcoholism. Evidence is good that risks for hypertension, coronary artery disease, type II diabetes, and gallstones are lower. Data is only fair to poor that risks of breast cancer, diverticular disease of the colon, colonic cancer, calcium kidney stones, osteoporosis, dental erosion, and dental caries are lower among vegetarians."

(Johanna Dwyer of Tufts Medical School, cited by the FDA's Consumer magazine)

"Can vegetarian eating supply your body with enough nutrients? The answer is yes. Studies show a positive link between vegetarian eating and health. In general, heart disease, high blood pressure, adult-onset diabetes, obesity and some forms of cancer tend to develop less often among vegetarians than non-vegetarians.

(American Dietetic Association)

"If appropriately planned, vegan diets, though restrictive, can provide adequate nutrition even for children, according to the American Dietetic Association and the Institute of Food Technologists." *(Dixie Farley in The FDA Consumer magazine)*

"When I was 88 years old, I gave up meat entirely and switched to a plant foods diet following a slight stroke. During the following months, I not only lost 50 pounds, but gained strength in my legs and picked up stamina. Now, at age 93, I'm on the same plant-based diet, and I still don't eat any meat or dairy products. I either swim, walk, or paddle a canoe daily and I feel the best I've felt since my heart problems began."

(Isaac Bashevis Singer, Nobel Prize recipient)

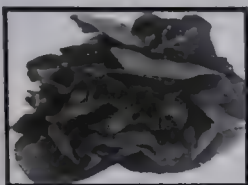
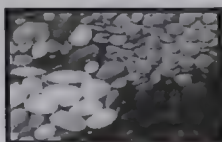


Health Concerns

It's easy for veggies to get all the right nutrients for the day, but I made this list so you'd have an easier time knowing all the sources. The lists consist of only vegan foods, but obviously vegetarians can eat the following foods as well. If you feel like you're not eating well enough, there are also vegan vitamins out there. They can be found on VeganEssentials.com and VeganStore.com. Please refer to the Health section of the Further Resources section of this guide to find longer lists of nutrient rich foods.

High in Protein

Beans, nuts, grains, vegetables, fruit, pasta, flax seeds, tofu, tempeh, soymilk, miso, seitan, lentils, and "mock meats".

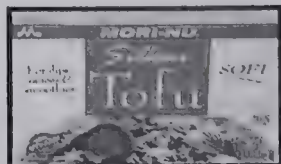


High in Iron

Beans, lentils, spinach, tofu, tempeh, potatoes, nuts, and raisins.

High in Calcium

Nuts, tofu, parsley, soymilk, tempeh, kale, okra, bok choy, broccoli, spinach, collard greens, and turnip greens.

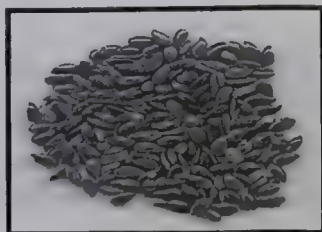


High in Vitamin B-12

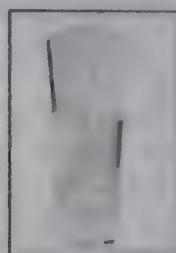
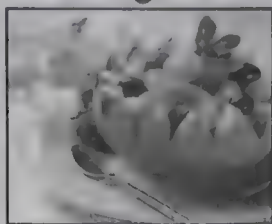
Vitamin B12 is important and is found mostly in animal products but there are several vegan sources. Most soymilk is fortified with B12 and so is Red Star Nutritional Yeast (found in health food sections and online). You can also get B12 from vegan multivitamins, vitamin B12 pills, and some fortified breakfast cereals.

High in Omega-3 Fats

FLAX SEEDS! Tofu, Gardenburger's chik'n patties, green leafy vegetables, walnuts, grains, whole wheat/grain bread, and spirulina.



Healthy Livin'



Just because someone is a veggie doesn't exactly mean they're healthy. There's so much junk food out there, which is good in moderation, but being healthy is where it's at. It gives you more energy, focus, and an overall better feeling about yourself. Plus, most junk food is heavily packaged and goes through several processes until it actually becomes a piece of food, therefore it takes a heavy toll on the environment to produce and can put a strain on your digestive system.

Eat More Fruit

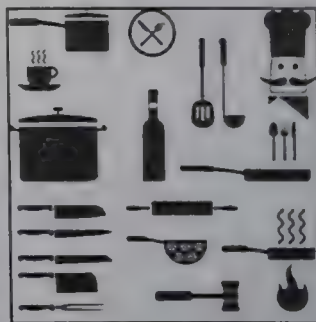
Most fruit is inexpensive, easy to find, and delicious. I already said this but I'm just really trying to drive the point home! Try to make fruit the main feature of your next meal. Just try it! I usually only eat fruit for breakfast. Even when you get really stuffed on fruit you still feel light and full of energy.

Drink More Water (or only water)

For the last three years one of my friends has given up all drinks except water, it is awesome. Coffee and soda taste good while you're drinking them, but they only slow you down and induce headaches and dependency. Water is life, so why not drink a whole lot of it?

Cook More

Cooking can be really intimidating at first but once you get the basics down it becomes really fun. When I say the basics, I mean like learning how to cook rice, how to cook pasta, and how to prepare vegetables. Experiment with spices. Spices are really the key to making a dish taste how you want it to taste. Double your favorite recipes so that all you need to do is toss it in the microwave next time you're hungry. The Sarah Kramer Trilogy (3 awesome cookbooks) all have really good, simple recipes and lots of beginner cooking tips and how to's. If you don't want to spend money, go to vegweb.com for thousands of free veg recipes. You can also find very basic cooking tutorials on Youtube and GoogleVideo.



Make Healthy "Junk Food"

Find recipes for cookies, muffins, breads, and sweets that are good for you. Try to use more wheat flour, oats, and agave nectar in your baking. Use less white flour, sugar, and margarine. Time to time it does feel great to totally "junk out" on some dessert, but the less you do it the better it tastes when you actually do.

Exercise

Living healthy doesn't end and begin with just what you eat, get active! Instead of sitting around on the couch, go outside and play. Look into the physical education classes your university or school has to offer. If your destination is within 5 miles, try riding your bike—it's better for you and the environment. Go for a run. Play a sport with your friends once a week (or every day). Just go explore outside. The possibilities are endless!



Prepare To Eat On The Go

I don't like dining out too much. Sometimes it's great but more often than not it's expensive and I leave feeling ripped off and overstuffed, so I always try to eat before I leave my house to go out for the day. I also try to pack some food in case I'll be gone awhile. Food that's good to eat on the go: fruit, carrots, crackers, dried fruit, bagels, nuts, granola bars, trail mix, rice cakes, and of course a water bottle. If I forget to pack food or I end up being gone longer than I thought I'd be, I'll usually just go to a grocery store and buy some of the aforementioned "on the go" foods.

Go Raw Vegan

Raw Veganism is an offshoot of veganism that consists of not eating any processed or cooked foods. What do raw vegans eat? Uncooked vegetables, fruit, nuts, sprouted legumes, almond milk, spices, etc...at first this may seem really restricting but just take a minute and think about all vegetables, fruits, nuts, legumes, and spices in the world...the number is huge! But what is the point of eating raw? It's said that when food is cooked over 118 degrees it loses most of it's important nutrients...so eating all uncooked foods packs a lot more nutrition than a normal vegan diet. It may seem like eating raw would leave one emaciated and left with no energy, but it's actually quite the contrary. Ironman triathlete Brendan Brazier and world-champion-ultramarathoner Scott Jurek both eat primarily raw vegan food, as well as some of the people featured on VeganBodyBuilding.com. Benefits of raw veganism include: increased energy, less sleep, mental clarity, clearer skin, better bowel movements, shorter food preparation times, and a simpler diet. Check out the Further Reading section at the end to find some raw food resources. I think watching Dr. Doug Graham's videos on YouTube are the most informative and straight forward.

Getting Active For Animals

Going veg is the first step in helping to protect animals, but if you want to take it further there are so many ways to spread a message of compassion!

Leafleting

Since animal issues don't get much coverage in the media, sometimes you gotta take it to the streets. This is the most basic way to educate the public on how animals are exploited in our society today. All you have to do is get a good amount of leaflets (pamphlets, brochures) and go to any public event where people may be interested in what you have to say. My favorite leaflets come from Vegan Outreach and Compassion Over Killing which you can get for really cheap on VeganOutreach.org and COK.net and sometimes even for free if you're going to be leafleting at a school. Getting out there and offering complete strangers brochures on animal cruelty might be a little



nerve-wracking at first but it is often a fun and rewarding experience. It's good to go to places where there will be young people because they're just more receptive and open to new ideas. Some great places to leaflet are colleges, high schools, concerts/music festivals shows, and city festivals. Check out Veganoutreach.org/advocacy/index.html for a lot more information on animal rights activism.

Documentary Screenings

Though you can't reach as many people with a documentary as you can with leafleting, it can be much more powerful. We did a screening of "Earthlings" at my school and it was a great experience for everyone involved. People were eager to take the recipe brochures and information on going veg after they had witnessed what really goes on in the animal-exploitation industry. A picture says a thousand words, so an hour and a half of pictures really puts it all out there to see. Besides "Earthlings", there's also "Peaceable Kingdom", "The Witness", "Got the Facts On Milk?", "I Am An Animal", "Slaughterhouse", and several short films. Before doing a screening contact the filmmaker first to make sure you won't have to pay a licensing fee. I know the filmmaker of "Earthlings" does not require this, nor do the filmmakers of "The Witness" and "Peaceable Kingdom."

Lead By Example

Going veg has made me a more healthy and compassionate person. I've become more aware of the consequences of my actions and how I treat others. Show the people around you how easy it is to live your life day by day—to wake up and say "Today I'm going to take actions that will decrease suffering in this world"—because after all, it really is that simple. Sometimes it's easy to get frustrated with what people say, but instead of getting into heated arguments just try to control your frustration and explain to them why you are veg. Most people would agree that they don't want animals to suffer—use that as a starting point to facilitate a discussion on the topic.

Start or Join a Group

There are so many awesome animal rights groups! Some have members all over the world and some are just 5 kids trying to make a difference in their small town. It's safe to assume that there's probably one in every city, county, state throughout the entire United States--though I can't say for sure, because there are some parts of the country, like the Midwest and the South, where these issues are not as prevalent. To find one just ask around, search it on Google, or try to find one on Meetup.com. If there isn't a group then just start your own! All it takes is a few people to really get things going. Being in a group can give you the confidence and resources to get out there and spread your message together. If there isn't anyone around you can spread the message by yourself and hopefully others will become involved.

Volunteer

Animal rights groups, animal shelters, and animal sanctuaries are always looking for volunteers and interns. Working at sanctuaries with animals one-on-one is a great experience because it makes you see how farm animals are just like cats and dogs--complex creatures, just like us! There are so many opportunities, too--you can start here: <http://www.greenpeople.org/sanctuary.htm>. This listing isn't even nearly complete...find more using Google and Idealist.org.



Get A Job

There are so many jobs you can get nowadays to help animals. Work for an animal rights group, a no-kill shelter, an animal sanctuary, or become a veterinarian. Use your skills in a way to help animals; most animal rights groups need graphic designers, webmasters, lawyers, public relations, marketing, writers, etc...

Not Enough Time?

It's OK. Work, school, parenting, a social life, hobbies, oh...and sleep, too; life can be hectic. If you find yourself wanting to get active and spreading the word but you just don't have enough time, here are some simple things you can do: cook veg food for non-veggies, host a veg potluck, write letters to your local newspaper about current animal issues, write letters to companies that use animal products or test on animals and tell them about all the alternatives, wear a shirt or button about veg-ism, hang up informational flyers at work or school, rock a bumper sticker or two on your car, or let a friend borrow this guide (wink, wink). Most of these little ideas were taken from the appendix of Vegan Freak by Bob and Jenna Torres.

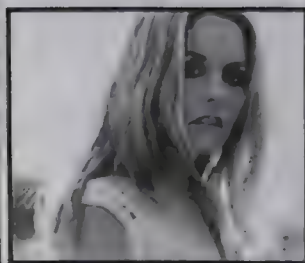
Famous Quotes

"The question is not Can they reason? nor Can they talk? but, Can they suffer?"

-Jeremy Bentham

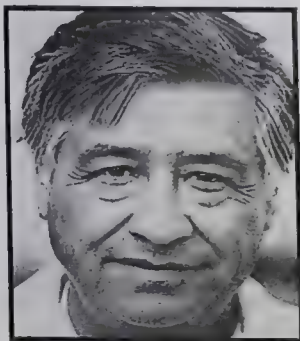
"I know what it feels like to be hurt, and I don't want to cause that pain to any other person or creature. But somehow, in society, we numb ourselves in order to make money or to feel better about ourselves, such as with cosmetics or food. We say to ourselves, 'I'm going to use this animal. I'm going to say it doesn't have much worth so that I can allow myself to do these cruel things.' And that just isn't fair."

-Alicia Silverstone



"There's a schizoid quality to our relationship with animals, in which sentiment and brutality exist side by side. I half the dogs in America will receive Christmas presents this year, yet few of us pause to consider the miserable life of the pig—an animal easily as intelligent as a dog—that becomes the Christmas ham."

-Michael Pollan in *"The Omnivore's Dilemma"*



"Kindness and compassion towards all living beings is a mark of a civilized society. Racism, economic deprivation, dog fighting, cock fighting, bullfighting, and rodeos are all cut from the same defective fabric: violence. Only when we have become nonviolent towards all life will we have learned to live well ourselves."

-Cesar Chavez

"Animals are God's creatures, not human property, nor utilities, nor resources, nor commodities, but precious beings in God's sight."

-Rev. Andrew Linzey, Oxford University

"When non-vegetarians say that 'human problems come first' I cannot help wondering what exactly it is that they are doing for human beings that compels them to continue to support the wasteful, ruthless exploitation of farm animals."

-Peter Singer

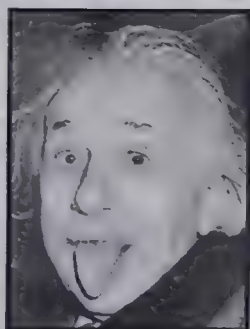
"The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for whites or women for men."

-Alice Walker, author of *The Color Purple*



"If slaughterhouses had glass walls, everyone would be a vegetarian."

-Paul McCartney



"It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind."

-Albert Einstein

"I learned long ago that it's not that we can make a difference in the world, it's that we do make a difference in the world—every day, with every choice we make. Every action we take, every product we buy, every dollar we spend: everything we do has an effect on something or someone else. There are no neutral actions... We get to choose not whether we want to make a difference but whether we want to make a positive difference or a negative difference. I'm vegan for a very simple reason: I don't want to contribute to violence against animals—any animal, including humans—and the slaughter industry is inherently violent for everyone involved... Regardless of why we decide to "choose vegan," we can take solace in the fact that our choices have a profound impact—on human rights, workers' rights, human health, wildlife preservation, world hunger, and our own health."

-Collen Patrick-Goudreau, in the introduction of her cookbook *The Joy of Vegan Baking*

Further Resources and Readings:

Throughout this guide I mention a lot of websites and books, so here's a list with everything compiled, plus a little more

Films:

- Earthlings (on Veg-TV.info)
- A Diet For All Reasons
- VeganVideo.org
- Diet For A New America
- Meet Your Meat (YouTube)
- PetaTV.com
- I Am An Animal (YouTube)
- TribeOfHeart.org
- MilkDocumentary.com

Fitness:

- VeganBodyBuilding.com
- VeganFitness.net (messageboard)
- OrganicAthlete.org (good books here)
- The Thrive Diet by Brendan Brazier
- Vegan Fitness Team: Built Naturally dvd
- FoodNspport.com
- RunningRaw.com
- Runnersworld.com

General Information Websites:

- VegSource.com
- Animal-Rights-Library.com
- Vrg.org
- Navs.org
- Idealist.org
- VeganOutreach.org
- VegetarianTeen.com
- AbolitionistApproach.com
- COK.net
- NonViolenceUnited.org
- HungerSite.org
- PlanetPeaceDaily.org
- HumaneMyth.com
- MadCowboy.com
- Brook.com/veg

Transitioning:

- VegForLife.com
- Becoming Vegetarian by Brenda Davis & Vesanto Melina (health and nutrition)
- Becoming Vegan by Brenda Davis & Vesanto Melina (health and nutrition)
- Vegan Freak by Bob and Jenna Torres (a general "how to")

Books:

- Diet For A New America by John Robbins
- Animal Liberation by Peter Singer
- The Case For Animal Rights by Tom Regan
- Slaughterhouse by Gail A. Eisnitz
- The Food Revolution by John Robbins
- Making a Killing by Bob Torres
- 1,000 Doctors Against Vivisection by Henry Reusch
- The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory by Carol J. Adams
- Striking at the Roots: A Practical Guide to Animal Activism by Mark Hawthorne
- Why Animals Matter: The Case for Animal Protection by Erin E. Williams
- Ethics in Action by Peter Singer
- Thanking the Monkey by Karen Dawn

Shopping:

- VeganConnection.com/where.htm (online directory)
- AlternativeOutfitters.com (clothing)
- VeganEssentials.com (everything)
- MooShoes.com (shoes)
- VeganStore.com (everything)
- FoodFightGrocery.com (food)
- VeganShirt.org

Environmental:

- BiteGlobalWarming.org
- Google "Livestock's Long Shadow"
- EnviroVeggie.com
- Peta2.com/MeatsNotGreen
- TreeHugger.com
- EcoGeek.org
- EarthFirst.org
- SeaShepherd.org
- SierraClub.com
- GreenPeace.org

Health:

- VegSoc.org/health/
- VeganOutreach.org/health/stayinghealthy.html
- VeganHealth.org
- NotMilk.com
- GoneRaw.com
- Living-Foods.com

Recipes:

- VegWeb.com (Thousands of recipes)
- How To Cook Everything Vegetarian (cookbook)
- VeganChef.com
- ThePPK.com (video recipes)
- Sarah Kramer cookbooks (google it)
- The Joy of Vegan Baking (the most amazing desserts)
- Isa Chandra Moskowitz cookbooks (google it)
- GoneRaw.com (raw food recipes)
- FatFreeVegan.com/
- Vive Le Vegan (cookbook)
- CompassionateCooks.com

Podcasts:

- AnimalVoices.ca
- VeganFreak.com
- CompassionateCooks.com/podcast.htm

Traveling:

- HappyCow.net
- TheTravelingVegetarian.tv
- VegetarianUSA.com
- Vrg.org/Travel

Religion:

- IVU.org/religion/
- ChristianVeg.com
- JewishVeg.com

Magazines:

- Herbivore
- Veg News
- The Vegetarian Journal
- ZineLibrary.info (so many free zines...woo!)
- AkPress.com (tons of alternative magazines)
- MicrocosmPublishing.com (tons of alternative magazines)

Parenting:

- VegFamily.com
- VeganParenting.com
- VegSource.com/parent
- VegetarianBaby.com



---Sarah
Kramer, Author
of several
famous vegan
cookbooks

Messageboards:

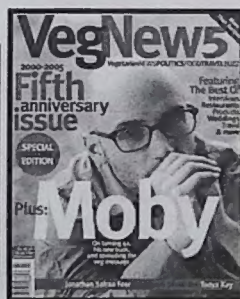
- VeganFreak.com
- VeggieBoards.com
- VeganFitness.net

Blogs:

- VegBlogs.com
- VeganMenu.blogspot.com/
- VeganLunchbox.blogspot.com/
- Blog.FatFreeVegan.com/
- ViveLeVegan.blogspot.com

Raw Veganism:

- GoneRaw.com
- Living-Foods.com
- Search Dr. Doug Graham on YouTube
- 80/10/10 by Dr. Doug Graham
- Rozalind Gruban on YouTube
- Raw Foods for Busy People by Jordan Maerin
- Raw Food Made Easy by Jennifer Combleet
- Ani's Raw Food Kitchen by Ani Phyto
- Matthew Kenney books
- RunningRaw.com



I'd love to hear from you! My email is [redacted]@gmail.com.

Whether you have more questions, suggestions, comments, you want to order some guides for yourself, or you just want to talk, don't hesitate to contact me.

Want some copies of your own?

Just shoot me an email. You can have as many as you'd like. The actual guide is free, all I ask for is a few bucks to cover shipping costs. I can also email you the .pdf file so you can print some out on your own or email it to friends. Some ideas of where you can share this are: shows and concerts, bike stores, universities, high schools, street corners, festivals, the internet, friends, family members, bookstores, documentary screenings, libraries, potlucks, meetings, etc...the list goes on. Any places I didn't list that you recommend?

Thanks: My parents for always being awesome and supportive of whatever I do, Gary for introducing me to all of this, Danny for helping me write and design this guide, the GBP, KABANG!, Parker, R.O.A.R. and S.E.A. Jon Camp, Lyn Cozart, Rac Sikora, and Nikki Benoit for showing me how easy, fun, and rewarding activism can be. Poplar Spring Animal Sanctuary, Compassion Over Killing, Vegan Outreach, and all other non-profits for doing everything they do. Nonviolence United for letting me use their t-shirt design for the back of the guide (found on veganshirt.org), and YOU!

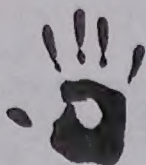


What do YOU think?

Anything I could do to make this better? Let me know!

Knowledge is empowering, so once you no longer care to keep this guide it'd be awesome if you could pass it along to someone that you think might enjoy it, or leave it in a random place for another curious reader!





Feed the hungry.
Save indigenous people.
Stand up for workers' rights.



Be kind to animals.
Stop factory farms.
Save 100 animals every year.



End deforestation for grazing.
Save an acre of trees.
End grazing on public lands.



Tell USDA 'Wildlife Services'
to stop killing wildlife for
corporate ranchers' profits.



Stop wars for resources.
Help end corporate rule.
Live your conscience.



Save our oceans.
Stop the #1 polluter of water.
Support a sustainable planet.



Think outside yourself.
Live compassionately.
Stop the violence.



Pass this on!